

Protocol #3: Antagonistic Muscle Group Training

Stretch	Reps	Sets	Pair	Description
Bicep Dumbbell Curl	10-12	3-4	Alternate	Standing with a dumbbell in each hand, ensure elbows rest at sides and forearms are extended out in front of your body. Bring the dumbbells all the way up to your shoulders by bending your elbows. Reverse the curl slowly and repeat.
Tricep Dumbbell Extension	10-12	3-4	Alternate	Lift one or two dumbbells directly overhead, ensuring head stays aligned over chest and shoulders are relaxed. Extend both arms fully and slowly lower the weight down, bringing the weight behind the head by bending at the elbows. Reverse the movement once you reach a 90-degree bend at the elbow and return to the starting position.
Barbell Curl	10-12	3-4	Alternate	Standing tall with core braced, hold the barbell with your hands just outside your hips, using an underhand grip. Keeping your chest up and your elbows tight to your sides, curl the barbell up to shoulder height. Lower the bar slowly and repeat.
Lying Tricep Extension	10-12	3-4	Alternate	Lying on your back on a flat bench, hold the dumbbells above you with your arms extended. Keeping your upper arms still, bend at the elbows and slowly lower the dumbbells either to the side of your head or slightly behind your head.

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